

# **West Ward Rural District Council.**

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**HEALTH COMMITTEE.**

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## **ANNUAL REPORT**

OF THE

**MEDICAL OFFICER OF HEALTH**

FOR

**Year ending 31st December, 1919.**

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Penrith:

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1920.

*To the Chairman and Members of the Rural  
District Council of West Ward.*

Gentlemen,

I have the honour to submit to you my Annual Report for the year 1919, compiled in accordance with your instructions and those of the Ministry of Health.

I resumed my duties on February 1st, 1919, after four and a half years of Military Service, during which time the County Medical Officer of Health supervised the work. I am very grateful to him, as this entailed a large increase of responsibility and expenditure of time; his generosity was never failing.

My thanks are also due to you for the necessary permission to be absent, and I believe that the wide experience thus obtained will result in increased efficiency.

I am,

Gentlemen,

Your obedient servant,

W. BARON COCKILL,

Medical Officer of Health.

Area (land and inland water)	...	..	119,869	acres
Population (census 1911)	...	..	6,433	
Population (Registrar General's estimation)...			5,965	for Birth Rate
			5,726	for Death Rate
Population (local estimation)	..	...	6,263	
Inhabited Houses	...	...	1,585	
Average Population per house	...	...	3.95	

The District is mountainous in the South and South West, and falls gradually towards the North East, two fifths of the area being over 1,000 feet above the sea level, two-fifths being between 500 and 1,000 feet and one-fifth being between 250 and 500 feet.

South of Shap, Granite abounds whilst Slaty Rocks occupy the whole of the Western portion and to the East of the river Lowther, Limestone formation exists entirely.

Agriculture is the staple industry, though there is Granite Quarrying in the South and Lead Mining at Greenside, Patterdale.

This latter industry is productive of a considerable amount of "Miners' Phthisis" amongst the workers.

### Vital Statistics.

The net Births amount to 96 made up as follows :—

Legitimate	...	...	Males	50	} 87
	...	...	Females	37	
Illegitimate	...	...	Males	2	} 9
	...	...	Females	7	

Annual Rate of Births per 1,000 of population	...	16.09
Annual Rate of Births for England and Wales	...	18.5
The Net Deaths amounted to	...	82
Annual Rate of Deaths per 1,000 of population	...	14.32
Annual Rate of Deaths for England and Wales	...	13.8
Excess of Births over Deaths	...	14
Deaths of Infants under 1 year of age	...	3
Deaths of Illegitimate Infants under one year of age	...	0
Infant Mortality per 1,000 Births	...	31
Infant Mortality for England and Wales	...	89

The causes of death are shown in the accompanying table :—

**Table 1.**

Measles	...	...	1
Diphtheria and Croup	...	..	1
Influenza	...	...	5
Pulmonary Tuberculosis	...	...	3
Tuberculous Meningitis	...	...	1
Other Tuberculous Diseases	...	...	1
Cancer	...	..	14
Organic Heart Disease	...	...	6
Bronchitis	..	...	3
Pneumonia (all forms)	...	..	2
Other Respiratory Diseases	...	...	2
Cirrhosis of Liver	...	...	1

Table 1—continued.

Nephritis and Bright's Disease	...	1
Congenital Debility, etc.	...	3
Violence, apart from Suicide	...	5
Suicide	...	2
Other defined Diseases	...	29
Causes, ill-defined or unknown	...	2
Total		82

### Infant Deaths.

The causes of Death were due to :—

Congenital Defects	...	1 died at Birth
Marasmus	...	1 died at 4 weeks
Bronchitis	...	1 died at 6 weeks

There were 5 Still-births notified.

No notification of birth was received in 6 cases.

The amount of Poor Law Relief is indicated by the following facts :—

Annual population receiving Out-door Relief	...	65
Average daily population in Institutions	...	6

There is no local hospital, patients availing themselves of accommodation at Penrith and Carlisle.

### Sanitary Condition of the District.

#### Water—

There is only one public water supply, situated on Barton Fell and supplying the Northern area. There are private supplies in connection with Lowther, Helton, Hackthorpe, Askham, Patterdale and Glenridding. The supply is constant. The remainder of the District depends upon streams and shallow wells, liable to pollution. The quality of the water supplied from storage reservoirs is fairly good, that obtained from other sources indifferent. The quantity is fair provided there is no dry season, otherwise poor. During this year there was a great shortage. The water supply is certainly unsatisfactory but the large area to be supplied means great expense would have to be incurred. The proposed scheme of taking water from Haweswater for Manchester means that the area which should supply the District will be absorbed. There are certain rights, however, of utilizing some of this water after it is impounded.

The water derived from the slate rock area is soft, that from the limestone hard. There is no plumbo-solvent action.

#### Rivers and Streams—

There is a certain amount of pollution present, but the County Council Inspector has not drawn attention at present to any serious conditions.

#### Drainage and Sewerage—

There are sewers at Eamont Bridge, Pooley Bridge and Tirril, and tanks with land irrigation at Great Strickland. Pooley Bridge is the only place with sewage disposal works. At these places the sewage system is sufficient.



*Privies and Water Closets—*

The accommodation is as follows :—

Water Closets	...	...	144
Pail Closets	...	...	50
Privies	...	...	1391
			<hr/>
Total	...		1585

There have been no recent conversions.

*Scavenging—*

None of this is undertaken by the local Authority, but by private enterprise. Contents are usually deposited on land and gardens ; it is an efficient method, and does not give rise to any nuisances. There are very few ashbins, and these are private ones. No substitution for ash-pits has been made in recent years.

*Sanitary Inspection of District—*

There have been about 500 Inspections made, and defects found consisted of those arising from general damp, choked drains, privies and ash-pits.

*Premises and Occupations controlled by Bye-Laws or Regulations—*

Cowsheds	...	...	18
Slaughter Houses	...	...	5
			<hr/>
Total	...		23

No action has been needed.

There are no underground sleeping rooms.

*Rag Flock Act, 1911—*

No Rag Flock is in use in the District.

*Schools—*

The Sanitary condition of the Elementary Schools is good, the water supply is deficient in dry seasons, except in the few instances where there is a piped supply. There were 8 school closures on account of Influenza, German Measles, and Measles.

**Food.***Milk Supply—*

The supply is good and the arrangements for distribution are satisfactory.

Quarterly visits of inspection have been made to all Dairies, Cowsheds and Milkshops. No action has been taken with regard to Tuberculous Milk.

The Milk and Cream Regulations are under the control of the Police as also the Sale of Food and Drugs Act. No action has been necessary.

*Milk (Mothers' and Children's) Order, 1918.*

Is administered by the County Medical Officer of Health.

### *Other Foods.*

No unsound food has been discovered. The Sanitary condition of premises where food is prepared, stored or exposed for sale has been good, and no action required to be taken respecting them.

Bakehouses and Slaughter Houses have been well kept.

No meat has been condemned for Tuberculosis or other disease.

Surprise visits to the Slaughter Houses for the purpose of inspection are made from time to time ; there is always free access and any question of diseased meat is immediately communicated to the Inspector by the butchers themselves.

### *Prevalence of, and Control of Infectious Disease.*

There was an epidemic of Measles in November and December, the type of the disease was generally mild, and only 1 death occurred, otherwise there has been no extensive outbreak of any other disease.

Diphtheria Anti-toxin is in general use, and local supplies can always be obtained from the Borough Police Station, Kendal.

There were no "Return Cases" of Infectious Disease.

No cases of Encephalitis Lethargica occurred.

Influenza was prevalent in April and May, but the type was not as severe as that of the previous Autumn. The Mortality was 5.

The Diseases notifiable under the regulations of 7th January, 1919, have not been very numerous. The Malaria cases contracted the disease abroad.

### *Tuberculosis—*

There were 8 cases of Pulmonary Tuberculosis and 1 of other forms. Deaths from Pulmonary form amounted to 3 and from other forms 2.

Notification by Medical men has been efficient.

School intimations of Infectious Disease have been largely utilized, as also have bacteriological aids in suitable cases.

The Tuberculosis work and that of Venereal Disease is in the hands of the County Medical Officer of Health.

No Primary vaccinations or re-vaccinations have been performed by the Medical Officer of Health under the Public Health (Small-pox Prevention) Regulations, 1917.

There have been no cases of locally contracted Anthrax or Rabies.

### **Table of Notified Infectious Disease.**

		<i>Cases.</i>	<i>Removed to Hospital.</i>
Measles	...	111	—
German Measles	...	19	—
Scarlet Fever	...	12	9
Diphtheria	...	8	2
Erysipelas	...	1	—

Ophthalmia Neonatorum	1	—
Tuberculosis (Pulmonary)	8	4
Tuberculosis (Other Forms)	1	—
Pneumonia (Influenzal)	15	—
Pneumonia (Primary) ...	6	—
Malaria ...	2	—
Total ...	184	15

### Annual Death Rate per 1,000 of Population.

Measles ...	0.17
Diphtheria ...	0.17
Phthisis ...	0.52

One case of Ophthalmia Neonatorum was notified ; both eyes were affected, but no permanent injury resulted.

The Maternity and Child Welfare of the Districts is in the hands of the County Medical Officer of Health.

### Sanitary Administration.

#### 1. Staff.

This consists of 1 Inspector, who is engaged in housing work in addition to sanitary duties.

#### 2. Hospital Accommodation.

For ordinary Infectious Disease consists of 4 Wards providing 20 beds for Scarlet Fever cases, and 16 for Diphtheria. It is situated at Ormside, 2 miles from Appleby and serves the whole of the Northern part of the County. It is under the control of the Ormside Joint Hospital Board. It is sufficient for the purpose and the administration is good.

There is no Hospital accommodation for Small-pox.

#### 3. Local Acts, etc.

The following Acts are in operation :—

Sanitary Clauses of Public Health Acts Amendment Act, 1890.

Bye-Laws are in force throughout the District for :—

New Streets and Buildings.  
Private Slaughter Houses.

Regulations under Sec. 13. Dairies, Cowsheds and Milkshops Order, 1885. The administration of these is effectively carried out.

#### Laboratories.

The combined Districts of Westmorland have established local Laboratories at Kendal for Chemical and Bacteriological examinations, and these have been in operation since August.

Prior to that date, examinations were made by the Public Health Laboratories, at Manchester.

The Laboratories are under the supervision of the Medical Officer of Health. They are proving of great service and are being utilized more and more.



Examinations for West Ward made during the latter five months of the year numbered 2.

Most of the examinations are for Diphtheria and Water, and a few for Tubercle Bacilli. The examinations for this latter is generally done at the Westmorland Consumption Sanatorium, but where an immediate result is desired, it is done locally.

## **Housing.**

### **General Housing Conditions.**

Number of Houses	..	...	1585
Number of Working Class Houses	..		700 to 800
New Houses for Working Classes erected			
or in course of erection	...	...	2
Population (estimated)	...	...	6263

There were no important changes during the year nor anticipated in the near future.

Extent of shortage of houses	...	...	42
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A scheme to build these 42 houses has been formulated and sanctioned, for the following Parishes :—

Bolton	...	..	4
Morland	...	...	4
Cliburn	..	..	6
Clifton	...	...	4
Bampton	...	...	2
Eamont Bridge	...	...	4
Yanwath	..	...	4
Tirril	..	...	8
Pooley Bridge	...	...	6
Total	...	...	42

## **Overcrowding.**

There is a certain amount of overcrowding, but not to a serious extent, due to the size of families and soldier sons married and unable to get accommodation elsewhere.

No measures can be taken to overcome this till more houses are built.

## **Fitness.**

The condition of the bulk of the houses is from good to fair; the defects found consist of ground damp, general dampness, insufficient ventilation and light, and small defects in drainage.

Minor remedies have been effected, but no Notices issued.

The chief difficulties have arisen on account of the high prices for repairs in the case of low rented houses and the scarcity of manual labour.

The water supply presents much difficulty and is often impossible owing to the rateable value not being sufficiently high to carry the necessary charges.



### Unhealthy areas.

There are no extensive areas that can be included under this heading, and no action has been taken nor any complaints made during the year.

### Bye-Laws.

The existing Bye-Laws work well and there is no need for new ones or a revision of the existing ones. The adoption of the Infectious Disease Prevention Act, 1890 might be very useful.

### Appendices:

- 
- |    |   |        |      |
|----|---|--------|------|
| 1. | Number of Dwelling Houses in respect of which complaints were made by Householders that they were unfit for human habitation    | ...    | Nil. |
|    | Number of Dwelling Houses in respect of which complaints were made by Parish Councils that they were unfit for human habitation | ...    | Nil. |
| 2. | Number of Dwelling houses inspected under Sec. 17 Housing Act, 1909   | ... .. | Nil. |
|    | Number of Dwelling Houses condemned as unfit for human habitation   | ... .. | Nil. |
|    | Number of Dwelling Houses in which defects were remedied without the making of a Closing Order                                  | ... .. | Nil. |
| 3. | Action under Section 28, Housing Act  | ... .. | Nil. |
| 4. | Number of representations made to Authority for the making of Closing Orders  | ... .. | Nil. |
|    | Number of Closing Orders made   | .. ..  | Nil. |
|    | Number of Closing orders determined on houses being made fit  | ... .. | Nil. |
| 5. | Number of Demolition Orders made  | ... .. | Nil. |
|    | Number of houses demolished in pursuance of Demolition Orders   | ... .. | Nil. |
| 6. | Number of Houses demolished voluntarily   | ...    | Nil. |
| 7. | Number of representations made regarding obstructive buildings  | ... .. | Nil. |
|    | Number of buildings demolished  | ... .. | Nil. |
|    | Number of representations under consideration   | ...    | Nil. |
| 8. | <i>Staff—</i>   |        |      |

The Housing Inspector is also Sanitary Inspector, and he deals with all duties under the Act.

Appendix is the Report of the Sanitary Inspector.

## Summary Return to the Medical Officer of Health of work done in the Sanitary Inspector's Department.

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### *Factory and Workshops Act, 1901—*

Factories—62 Inspections of 31 Factories.  
Workshops—76 Inspections of 38 Workshops.  
Workplaces—Nil.  
Defects found—Nil.

### *Nuisance Removal—*

Privy and Ashpit Nuisance at the Smithy, Cliburn ; also at Glenridding, Askham and other places at the personal request of the Sanitary Inspector.

Foul Cesspit cleansed and abolished at Grayber.

Defective “ Flush ” of W.C., improved at Holly House, Pooley Bridge.

Foul Midden removed at High Knipe.

### *Drainage and Sewage (making of new, alteration of old, and where)—*

New drains at Naddle House, Thornthwaite Hall ; Grayber, Maulds Meaburn ; and A. Woof's, Great Strickland.

Existing drains improved at Miss Sweeten's, Glenridding ; and Mrs. Bellas's, Bolton.

### *Overcrowding—*

No case of dangerous overcrowding reported to the Council during the year. However it is well known that large families are having to reside in small cottages for the simple reason that there is a lack of housing accommodation, especially in the villages at the North end of the District.

### *Slaughter Houses—*

There are five registered slaughter houses, viz:—One each at Bampton Grange, Deepdale (Patterdale), Maulds Meaburn, Askham and Morland. 20 inspections were made. The buildings are kept clean and frequently limewashed. The entrails are all taken away at the time of slaughtering. No meat found to be tubercled or otherwise unfit for human food.

### *Canal Boats—*

None in the District.

### *Common Lodging Houses—*

None in the District.

### *Matters in abeyance or awaiting completion—*

1. Birdby Farm, Bolton—Water analysed—unfit for domestic use.
2. Howgate House, Cliburn—Water analysed—unfit for domestic use.
3. Havershaff, Brougham—Water analysed—unfit for domestic use.
4. Mrs. Hall's, Lankaber—Water analysed—unfit for domestic use.
5. Railway Cottages, Shap Summit—Floors and walls damp.
6. Castlehow Scaur—Drains discharge into cattle pond.
7. Holder's, Strickland Moor—Drain discharges into pond on roadside.
8. Naddle House—Bad repair, ground above floor level, &c.

*Water Supply—*

Owing to the long drought of the Summer and Autumn considerable inconvenience was experienced throughout the district. Askham reservoir was dry for weeks. Although the Barton Water Scheme never actually gave out the reservoir did not contain more than a few inches and the Water Works Manager had the utmost difficulty in avoiding a water famine.

*Occupation Certificates* granted in respect of the following newly erected houses :—

- (1) Coogarth, Martindale ;
- (2) New House at Hackthorpe.

*Sewerage and Drainage—*

Pooley Bridge is the only village having a modern system of sewage disposal and the good working of even this scheme is greatly interfered with during heavy rains and floods as the sewers also carry off the water from the County Council's Main Road, consequently the irrigation area is often 'under water.' In most cases the village "sewer" is also the road water drain and discharges into water-courses, dyke gutters or (occasionally) into streams without undergoing any modern system of purification.

*Excrement and Refuse Removal—*

In none of the Parishes has the Council made provision for removal at the public expense of excrement and house refuse. The excrement is used on farmers' fields or gardens belonging to the householders.

*Schools—*

The District contains 22 public Elementary Schools ; generally the out-offices are in good sanitary condition ; in some instances the children have no water to drink except what is carried long distances in pails. Several Schools were closed by Dr. Henderson owing to Measles Epidemic.

*Hospital Accommodation—*

Ormside Infectious Diseases Hospital is owned jointly by the Rural District Councils of West Ward and East Westmorland, the Corporation of Appleby and Shap U. D. Council. Patients are removed expeditiously to the Hospital in a well equipped motor Ambulance which the Committee wisely provided before the high rise in the cost of motor propelled vehicles. The Hospital is ideally situated and the treatment meted out by the Medical, Nursing and Caretaking Staff is highly praised by the patients. The question of providing a separate hospital for Small Pox is being considered by the Committee.

*Dairies, Cowsheds and Milkshops Order—*

18 Cowkeepers are now registered ; Mr. J. Wood, Hackthorpe Hall, registered during the year, while Messrs. Bulman & Son, High Rectory, Brougham, ceased to be registered on leaving the farm. Where farmers are only supplying milk to a few neighbours for the latter's convenience they are not registered ; very few of them supply more than half-a-dozen customers. Most of the cowkeepers, like other consumers, are badly in need of a better water supply. Most shippens are well drained, lighted and ventilated.



*Production and Distribution of Milk—*

The Registered Cowkeepers sell their milk locally, send it by rail to Durham and Northumberland, or deliver it by float or motor car to Penrith dairymen. There is no importation of milk except small quantities of condensed milk sold by provision dealers. Milk is produced under cleanly conditions from healthy Shorthorn Cows. The Council does not employ a Veterinary Surgeon to inspect the cows.

*Manchester's Water Supply—Haweswater Scheme—*

The most important matter regarding water, as far as this district is concerned, which has arisen during the year is the fact that Manchester Corporation has obtained an Act of Parliament to carry out at a huge cost the Haweswater Scheme referred to at length in the last Annual Report. Under the Act the Corporation takes the whole of the Haweswater watershed in addition to Heltondale Beck, Mossy Beck, Swindale Beck, Sleddale Beck and other mountain streams with a total gathering area of upwards of 23,000 acres. The West Ward Council had already adopted a scheme for supplying 16 Parishes within its area from Blea Water, a forty odd acre tarn in the Haweswater watershed, situated at a sufficiently high altitude to supply every part of the district by gravitation, and provision is made in the Act that the Corporation shall deliver sufficient water into a reservoir to be constructed on Harper Hill at an altitude of over 1,300 feet to supply all the parishes in the West Ward with water. Even with this concession it is more than doubtful whether the Council will be able to carry out the scheme owing to the exceptionally heavy cost of labour and materials. Under the law as it now stands the Council has only power to borrow money to the extent of twice the assessable value of each benefitting parish; hence the assessable values will have to be considerably increased or the law will have to be amended if the district is to have pure water at all from this source.

*Personal—*

Having resigned the office of Sanitary Inspector, which I have held since 1896, I take this opportunity of tendering my heartfelt thanks to the Members of the Council, their Clerk and the Medical Officer of Health for their extreme kindness and courtesy to me.

RICHARD WINSTER,

Sanitary Inspector.

*Rocklands, Shap,*

*7th February, 1920.*